



**PINES ACADEMY  
INTERNATIONAL**



# Speech Accent 113



**English as a  
Foreign  
Language**

## INTRODUCTION

This book focuses on the reduction of your accent. To REDUCE YOUR ACCENT means we cannot totally eliminate your own and this book only helps – not cure. That takes time and constant proper practice. For Speech Accent 113, you will have to MIMIC your way from reducing your accent to sounding native. Speech mimicking basically involves two actions – to listen and repeat. You will have to find out with the help of the teacher where your voice rises, falls and curves in contrast to the accent you are mimicking and will eventually adapt.

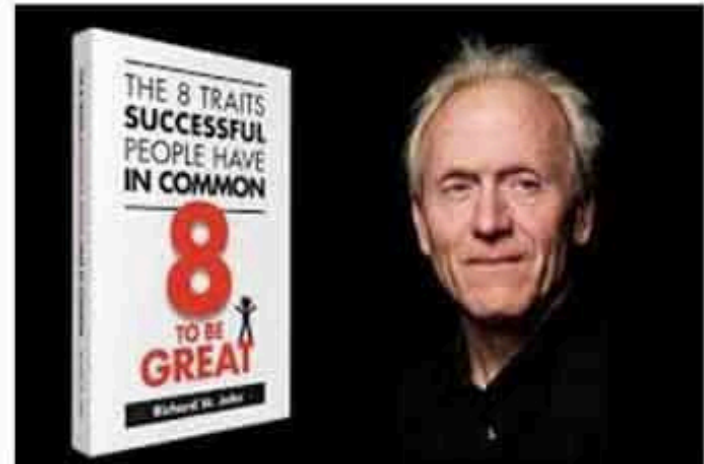
If you are able to mimic speech accent patterns, then you will also be able to recognize sounds and grasp ideas much better; thereby improving your listening comprehension. Remember that native-speakers use different emphasis for certain words in a sentence depending on the meaning they want to convey. With that in mind, they just glide on the unimportant words and focus on words that give the meaning. This is the reason why students complain that they didn't or cannot hear a word during listening classes especially dictation; because actually, even though we didn't or cannot hear it, they're still there – just not emphasized.

The Main Objective of the class will then be, "To reduce non-native English accent by mimicking English speech accent in action," and at the end of each unit, the student should be able to Mimic the speech accent in the file. Remember, this is just like any reading class.

## SPEECHES

### 8 SECRETS OF SUCCESS- RICHARD ST. JOHN

This is really a two-hour presentation I give to high school students, cut down to three minutes. And it all started one day on a plane, on my way to TED, seven years ago. And in the seat next to me was a high school student, a teenager, and she came from a really poor family. And she wanted to make something of her life, and she asked me a simple little question. She said, "What leads to success?" And I felt really badly, because I couldn't give her a good answer.



So I get off the plane, and I come to TED. And I think, jeez, I'm in the middle of a room of successful people! So why don't I ask them what helped them succeed, and pass it on to kids? So here we are, seven years, 500 interviews later, and I'm going to tell you what really leads to success and makes TEDsters tick.

And the first thing is passion. Freeman Thomas says, "I'm driven by my passion." TEDsters do it for love; they don't do it for money.

Carol Coletta says, "I would pay someone to do what I do." And the interesting thing is: if you do it for love, the money comes anyway.

Work! Rupert Murdoch said to me, "It's all hard work. Nothing comes easily. But I have a lot of fun." Did he say fun? Rupert? Yes!

TEDsters do have fun working. And they work hard. I figured, they're not workaholics. They're workafrolics. Good!

Alex Garden says, "To be successful, put your nose down in something and get damn good at it." There's no magic; it's practice, practice, practice.

And it's focus. Norman Jewison said to me, "I think it all has to do with focusing yourself on one thing." And push! David Gallo says, "Push yourself. Physically, mentally, you've got to push, push, push." You've got to push through shyness and self-doubt.

Goldie Hawn says, "I always had self-doubts. I wasn't good enough; I wasn't smart enough. I didn't think I'd make it."

Now it's not always easy to push yourself, and that's why they invented mothers. Frank Gehry said to me, "My mother pushed me." Serve! Sherwin Nuland says, "It was a privilege to serve as a doctor."

A lot of kids want to be millionaires. The first thing I say is: "OK, well you can't serve yourself; you've got to serve others something of value. Because that's the way people really get rich."

Ideas! TEDster Bill Gates says, "I had an idea: founding the first micro-computer software company." I'd say it was a pretty good idea. And there's no magic to creativity in coming up with ideas — it's just doing some very simple things. And I give lots of evidence.

Persist! Joe Kraus says, "Persistence is the number one reason for our success." You've got to persist through failure. You've got to persist through crap! Which of course means "Criticism, Rejection, Assholes and Pressure."

So, the answer to this question is simple: Pay 4,000 bucks and come to TED. Or failing that, do the eight things — and trust me, these are the big eight things that lead to success.

Thank you TEDsters for all your interviews!

## **GOT A MEETING? TAKE A WALK** NILOFER MERCHANT



What you're doing, right now, at this very moment, is killing you. More than cars or the Internet or even that little mobile device we keep talking about, the technology you're using the most almost every day is this, your tush. Nowadays people are sitting 9.3 hours a day, which is more than we're sleeping, at 7.7 hours. Sitting is so incredibly prevalent, we don't even question how much we're doing it, and because everyone else is doing it, it doesn't even occur to us that it's not okay. In that way, sitting has become the smoking of our generation.

Of course there's health consequences to this, scary ones, besides the waist. Things like breast cancer and colon cancer are directly tied to our lack of physical [activity]. Ten percent in fact, on both of those. Six percent for heart disease, seven percent for type 2 diabetes, which is what my father died of. Now, any of those stats should convince each of us to get off our duff more, but if you're anything like me, it won't.

What did get me moving was a social interaction. Someone invited me to a meeting, but couldn't manage to fit me in to a regular sort of conference room meeting, and said, "I have to walk my dogs tomorrow. Could you come then?" It seemed kind of odd to do, and actually, that first meeting, I remember thinking, "I have to be the one to ask the next question," because I knew I was going to huff and puff during this conversation. And yet, I've taken that idea and made it my own. So instead of going to coffee meetings or fluorescent-lit conference room meetings, I ask people to go on a walking meeting, to the tune of 20 to 30 miles a week. It's changed my life.

But before that, what actually happened was, I used to think about it as, you could take care of your health, or you could take care of obligations, and one always came at the cost of the other. So now, several hundred of these walking meetings later, I've learned a few things.

First, there's this amazing thing about actually getting out of the box that leads to out-of-the-box thinking. Whether it's nature or the exercise itself, it certainly works.

And second, and probably the more reflective one, is just about how much each of us can hold problems in opposition when they're really not that way. And if we're going to solve problems and look at the world really differently, whether it's in governance or business or environmental issues, job creation, maybe we can think about how to reframe those problems as having both things be true. Because it was when that happened with this walk-and-talk idea that things became doable and sustainable and viable.

So I started this talk talking about the tush, so I'll end with the bottom line, which is, walk and talk. Walk the talk. You'll be surprised at how fresh air drives fresh thinking, and in the way that you do, you'll bring into your life an entirely new set of ideas. Thank you.